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THE OSCAR RACE FINALLY ENDED

BUT HOW DID HOST NEIL PATRICK HARRIS DO? PAGES 18-19

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Gung hay fat choy! New Yorkers got into the spirit of the Lunar New Year on Sunday as the 10-day festival continues. PAGES 10-11

Year of the Goat begins

New York's Chinese community takes part in Sunday's parade, a part of Chinese New Year celebrations in Chinatown, Lower Manhattan. 2015 is the Year of the Goat. / ALAN CHIN, METRO

Charity gives shoes to the homeless

PAGE 02

Her? Mae Whitman on Hollywood's casting bias

PAGE 20

Your heels are your new fix for back pain

PAGE 23

CC and Sandoval poised for 'big' spring

PAGE 26

1 NEWS

Top 3

The best of Metro.us

1 'The gay dating app Scruff hopes to shift focus from hookups to relationships with new feature'

2 'Go Boston 2030 truck solicits commuter questions'

3 'Aspartame is made from bacteria feces, patent confirms'

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'It's from the Sole' shoes the homeless

Foot patrol. For the last three years, Andre McDonnell has donated footwear to the less fortunate.

Andre McDonnell of "It's from the Sole" gives sneakers to the homeless and needy at Grand Central Station. / BESS ADLER, METRO; NUMBERS SOURCE: NEW YORK CITY DEPARTMENT OF HOMELESS SERVICES AND COALITION FOR THE HOMELESS

Help came just in time for Michael Vann last Thursday, as temperatures lingered in the teens and the city braced for lows in the single digits the following morning.

Vann said the salt on the streets had melted the soles of his shoes. Only recently in New York, he and his girlfriend had been sleeping on the trains. Now at Grand Central Station, Vann was asked a timely question: "What size sneaker do you wear?"

Andre McDonnell dug into his rolling duffel bag for a pair of new shoes and socks for Vann, and then outfitted his girlfriend with a pair.

McDonnell, 40, started "It's from the Sole" about three years ago. After working in the fashion industry for more than 15 years, McDonnell's charitable epiphany came while playing basketball on a summer morning before work, when he spotted a homeless man walking across the street with no shoes.

McDonnell, who was born in Barbados and grew up in Brooklyn, said he offered the man a pair of new sneakers he had with him, and a pair of socks. He went to work, at the designer men's clothing store Atrium, and the idea was born: collect sneakers and distribute them to homeless people living in New York.

In about an hour, he gave away about 11 pairs of new sneakers to homeless men and women in Grand Central.

Last year, McDonnell gave away 4,000 pairs of sneakers by himself. The shoes are either donated by friends and supporters and cleaned by McDonnell, or given to him brand-new by companies.

Two or three times a week, McDonnell packs a bag full of sneakers, and heads to Grand Central, Penn Station and other places where he knows homeless people congregate.

A few minutes after stepping off the 6 train, McDonnell spots a sleeping man wearing a faded and dirty pair of blue and gray Nike sneakers. McDonnell pulls up his Instagram and finds a photo of the man 22 weeks earlier, sitting on the same bench, receiving the pair of sneakers now on his feet.

McDonnell gently wakes up the man, asks him to remind him what size shoe he wears — 9.5 or 10 — and hands him a fresh pair of black and red sneakers.

He passes out another pair to Juan Vasquez, who was using a pay phone near the central terminal to call in his unemployment.

Vasquez said he recently spent about three months in a city shelter before finding a basement to stay in the Bronx.

"The shelters are a mess, because you've got people there who don't want to follow the plan, they want to sell cigarettes, smoke weed, like a club, and do all these nasty things," Vasquez said. "But sometimes you have to choose the lesser of two evils. The shelter is not the safest, but if you're sleeping on the trains you have no protection."

Vasquez said he received winter clothes from a local church last year, but has never been offered a pair of brand new shoes before.

"There has to be more people willing to do that, the homeless situation is getting worse," Vasquez said.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

By the numbers

58,284
Number of New Yorkers who spent February 18 in a homeless shelter

54,321
Number of New Yorkers who spent February 2014 in a homeless shelter

50,996
Number of New Yorkers who spent February 2013 in a homeless shelter

Perils of altruism

Meeting with skepticism

Before the afternoon is up, McDonnell will meet more than one person who is apprehensive, refuses his help out of pride, or thinks he's trying to sell the sneakers in his bag, some of which are worth hundreds of dollars.

"It's not easy, because you can't tell them how to react toward you, you can't tell them to chill out, not to scream, you can't tell them not to yell. I've been yelled at, cursed out, spit at before," McDonnell said. "But I can't tell this guy who has no home how to behave."

Quoted

"The shelters are a mess, because you've got people there who don't want to follow the plan." Vasquez

Helping out

Reaching a wider audience

After receiving a good amount of media attention around the holidays, McDonnell is working to make It's From the Sole a 501(c) 3 organization this year, which he says will mean more donations from companies. He also wants to get high school and college students involved, and bridge the gap between the homeless and the rest of New York.

"A lot of people want to help the homeless but don't want to deal with them," McDonnell said. "I'm going to help you help them."

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Panelists:

Arthur Caplan, PhD (Moderator). *Director of the Division of Medical Ethics, NYU Langone Medical Center.*

Bill Barr, PhD. *Director of Neuropsychology, Department of Neurology, NYU Langone Medical Center.*

Dennis Cardone, DO. *Chief Medical Officer, Public School Athletic League; Co-Director, Concussion Center, NYU Langone Medical Center.*

Marianna Engle, PhD. *Sports Psychologist.*

Brian Hainline, MD. *Chief Medical Officer, NCAA.*

Stephen Levin. *NYC Council Member—District 33, Brooklyn.*

Latanya Wilkinson. *General Manager, Bronx Knights Youth Football and Cheerleading League.*

This lecture is free and open to the public, but you must register at **tinyurl.com/examiningconcussion**

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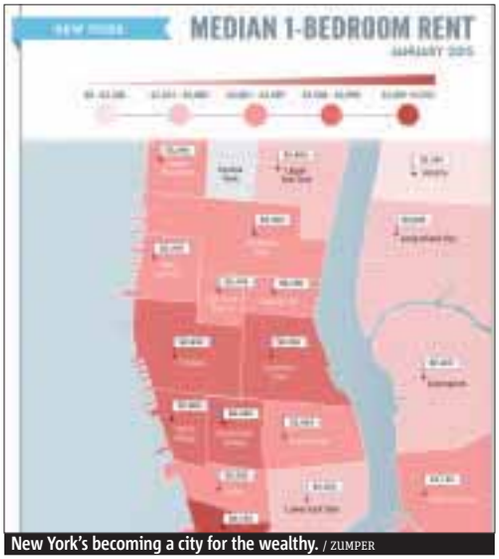

New York's becoming a city for the wealthy. / ZUMPER

If you already thought New York City rents were high, these maps from Zumper will drive the point home.

These maps of Manhattan and Brooklyn show the median prices of tiny one-bedroom apartments in New York City's hottest neighborhoods.

Even the most cynical New Yorkers will be shocked at how high these rental prices are, considering they are all median prices and not particularly fancy digs.

But according to Zumper, these prices have dropped: "For the first time in months, rents in NYC declined in January 2015," the company posted on its blog. "Overall, for apartments across all boroughs, median rent dropped 3.2% to $3,000 for a one-bedroom apartment, compared with $3,100 this past December."

Are you a young single who wants to live alone? Were you looking for a middle-of-the-road one-bedroom in Chelsea? That will set you back a whopping $3,850.

If you're a "Rent" fan, then you know the poor, bohemian characters of the musical live in the East Village. Must be cheap, right? Expect to pay $2,840 for a one-bedroom there. We get the feeling "Rent" characters would sing, "We're not going to pay …"

ANDREA PARK
@andreapark
andrea.park@metro.us

Longer life

Taxi lifespan reexamined

Cars are built to last longer, and the New York Taxi and Limousine Commission is considering letting city cabbies drive the same vehicle for seven years.

Yellow cabs are currently subject to a three- and five-year retirement. TLC Commissioner Meera Joshi told Capital last week that seven-year retirement rules already apply to hybrid taxis. Livery cabs do not have a mandated retirement, nor do most green cabs.

The retirement rule was created in 1996, and a commission spokesperson said the organization was concerned with the environmental impact of cars older than five years.

WENDY JOAN BIDDLECOMBE

Taxes

Business
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Bronx

Mizz DR nabbed in trunk slaying

She didn't look much like a rap-video superstar in her mug shot, but one of the five people charged in the kidnap-slay of Jordan Johnson — the 24-year-old New Jersey man found strangled in the trunk of a car on a Bronx street — was none other than Mizz DR, a popular Instagram model and DJ.

Mizz DR / FACEBOOK

Mizz DR, aka Diana Escotto, 24; and siblings Courtney Evelyn, 30, and Dyrol Evelyn, 25 — all of Manhattan — were charged last week with hindering the arrest of the two primary suspects in Johnson's Jan. 14 death.

Robert Martinez, 26, and Andre Jamal Thompson, 25, both of Worcester, Massachusetts, are charged with felony murder, robbery and burglary, said Bergen County Prosecutor John Molinelli. Escotto's arrest lit up the very social media tools that made the video vixen so popular.

Rapper Meek Mill, the boyfriend of music powerhouse Nicki Minaj, slammed MizzDR, who appeared in a 50 Cent video, on Instagram from "Can't trust these guys or these thirsty hoes!" he posted under the hashtag, #harlem. METRO

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New York's jobs environment is changing, and not in these people's favor. / GETTY IMAGES

The demise of finance jobs in New York City

Hospitality. Both the market crash of 2008 and the bursting of the digital bubble have changed the landscape.

As she tells it, Madonna arrived at Times Square by taxi in 1978 with $35 in her pocket and got a job at Dunkin' Donuts. While New York may have changed since the Material Girl's heyday, restaurant work is still your likeliest gig in the city.

Jobs in the nation's financial nerve center have been on a downward trajectory since the 1990s. Hiring there failed to fully recover from the bursting of the dot-com bubble and has essentially flatlined since the 2008 crash.

Leisure and hospitality on the other hand — from working in the ticket booth at a Broadway theater to checking in guests at the Marriott hotel — are catching up. BLOOMBERG

New age in New York

Since Google Inc. moved into Chelsea circa 2006, other tech companies have followed. In the past 12 months:

- Amazon.com opened an office across 34th Street from the Empire State Building, bringing 500 jobs.
- Buzzfeed signed a new lease and promised to add 475 jobs in the next five years, according to the New York Department of Labor.
- Facebook Inc. is boosting its 100,000 square feet of office space by 60,000 square feet.

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Ex-cop kills daughters, pets, then himself

Alissa and Deanna Hochman were killed by their suicidal dad in Harrison, Westchester County. / FACEBOOK

Investigation.
Cops have yet to say whether Glen Hochman used a gun or other means for the slayings.

A Westchester County, community stood shaken to its core Sunday after a retired White Plains cop killed two of his three daughters, then took his own life, authorities said.

Cops found Glen Hochman, 52; his daughters Alissa, 17, and Deanna, 13; and the family's two dogs all dead inside their home in Harrison, around 4 p.m. Saturday.

More police cars, and the dreaded coroner's office van, converged on the snow-covered neighborhood in New York City's suburbs.

Word quickly spread.

And neighbors, friends and village leaders are now worried the tragedy will weigh on the sisters' pals and other kids in Harrison.

How do you explain why a 52-year-old officer with an unblemished record and a recent honor for performing CPR and saving a life would do something so dastardly to the raven-haired teens, who over and over again were described by neighbors as "sweet girls."

There were unconfirmed reports that Hochman and his wife were having marital troubles. Anamarie DiPietro-Hochman, 50, was not home for the horror inside the residence. She, and the couple's eldest daughter, Samantha, 22, were away but called neighbors worried when no one picked up the phone.

Schools Superintendent Lou Wool, noting the sorrow of losing the school girls to such "incomprehensible tragedy," ordered the doors of Harrison High School, where Alissa was a senior, be open Sunday at noon to make counselors and school officials "available to assist students and families."

Back at the home, neighbors continued shaking their heads in disbelief and grief.

"She was an absolutely adorable, sweet girl," Howard Hollander said of Alissa, who he told The Journal-News recently was working at Powell Catering in Harrison and recently learned to drive on the streets where she grew up and died. **METRO**

Quoted

"They were both sweet girls." And their dad? "Always friendly."

Hollander

Willacy County

Hundreds of inmates relocated after Texas prison uprising

More than 300 inmates from a Texas federal prison damaged in an uprising on Friday were relocated on Sunday and hundreds more will be moved later in the day, said a private contractor who operates the prison.

The inmates at the Willacy County Correctional Center in Raymondville, Texas, are being transferred to other U.S. Bureau of Prisons facilities in a process that will continue next week, said Issa Arnita, spokesman for Management & Training Corporation.

Damages to the prison will be assessed when the inmates are gone so that repairs can begin, Arnita said. "Initial assessments indicate significant damage to the plumbing and heating and cooling systems," he said.

The prison, about 40 miles from the Mexican border, primarily holds people who have entered the United States illegally.

The unrest began on Friday when prisoners refused to come to breakfast or report for work to protest problems with medical services at the facility. **REUTERS**

Quoted

"Inmates continue to be fully cooperative with the relocation efforts."

Arnita

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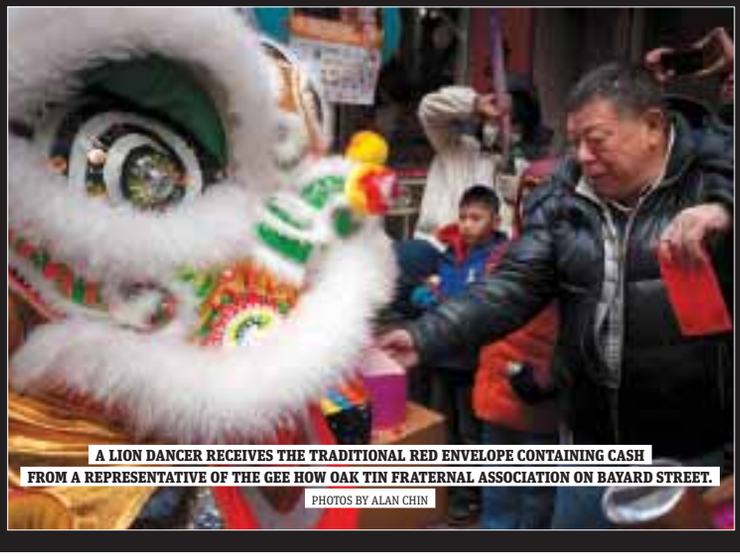
GUNG HAY FAT CHOY

That's Happy New Year in Cantonese (it's Gong Xi Fa Cai in Mandarin). On Sunday, Manhattan's Chinatown, the city's oldest, celebrated the arrival of the Year of the Goat (or the Sheep or the Ram, depending on how it's translated). Dancing dragons scare away evil spirits and bring good fortune.

A FOLK DANCER PERFORMS NEAR THE MANHATTAN BRIDGE ON E. BROADWAY.



A LION DANCER RECEIVES THE TRADITIONAL RED ENVELOPE CONTAINING CASH FROM A REPRESENTATIVE OF THE GEE HOW OAK TIN FRATERNAL ASSOCIATION ON BAYARD STREET.

PHOTOS BY ALAN CHIN

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Five things you

Homeland Security chief worried about mall threat

The U.S. Homeland Security chief said on Sunday he takes seriously an apparent threat by Somali-based Islamist militants against prominent shopping sites in the West including the Mall of America in Minnesota and urged people there to be careful.

Homeland Security Secretary Jeh Johnson was reacting to a video attributed to al Shabaab appearing to call for attacks on Western shopping areas, specifically mentioning Mall of America, the West Edmonton Mall in Canada, London's Oxford Street and sites in Paris.

"This latest statement from al Shabaab reflects the new phase we've evolved to in the global terrorist threat, in that you have groups such as al Shabaab and ISIL publicly calling for independent actors in their homelands to carry out attacks," Johnson told the CNN program "State of the Union," using an acronym for the militant group Islamic State (or ISIS).

Asked about the threat to Mall of America, which is one of the world's largest shopping areas, Johnson said: "Anytime a terrorist organization calls for an attack on a specific place, we've got to take that seriously." He advised people going to the Mall of America to be particularly careful.

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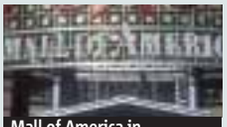

Mall of America in Minnesota / GETTY IMAGES

New defense secretary hosts gathering on ISIS strategy

New U.S. Defense Secretary Ash Carter is gathering top U.S. military commanders and diplomats for talks in Kuwait on Monday about the battle against Islamic State, as America's military effort approaches major hurdles in both Iraq and Syria.

Carter says he hopes the roughly six hours of largely unscripted discussions will help assess the war that he is inheriting after swearing-in on Tuesday as President Barack Obama's fourth defense secretary.

REUTERS

CARTER/GETTY IMAGES

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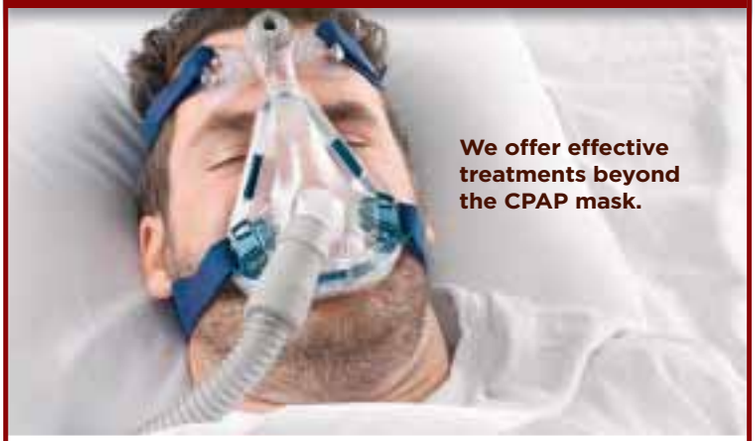

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need to know

Bangladesh ferry capsizes after collision, 39 dead

At least 39 people died in Bangladesh on Sunday when a passenger ferry capsized after colliding with a trawler on the river Padma with more than 100 people aboard.

Rescuers managed to save at least 50 passengers and were still searching for more survivors, regional police official Bidhan Tripura told Reuters.

More than half of the bodies retrieved so far from the water, have been women and children, Tripura said. REUTERS

Smoke in DC subway again

A mechanical failure on a Washington, D.C., subway train caused smoke to fill a station stop on Sunday, the third such incident in two days, according to officials.

L'Enfant Plaza station briefly filled with smoke after a mechanical issue.

On Saturday evening, firefighters responded to a report of smoke and fire on a train line connecting Washington's Foggy Bottom station to a stop in Rosslyn, Virginia. The fire was caused by problems with system's electrified third rail.

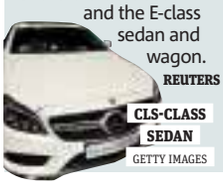
Earlier on Saturday, passengers riding another train were evacuated after faulty brakes caused smoke to fill Woodley Park Metro station, officials said. REUTERS

Mercedes recalls 147,000 cars in US for engine fire risk

Mercedes-Benz is recalling more than 147,000 mid-size sedans and station wagons from 2013-2015 to check for risk of engine fires, the U.S. safety regulator said.

The cars have a rubber seal in the engine compartment that can fall onto the exhaust system, increasing the risk of an under-hood fire, according to the National Highway Traffic Safety Administration.

Among the cars being recalled are versions of the CLS-class sedan and the E-class sedan and wagon. REUTERS



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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequncyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

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Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

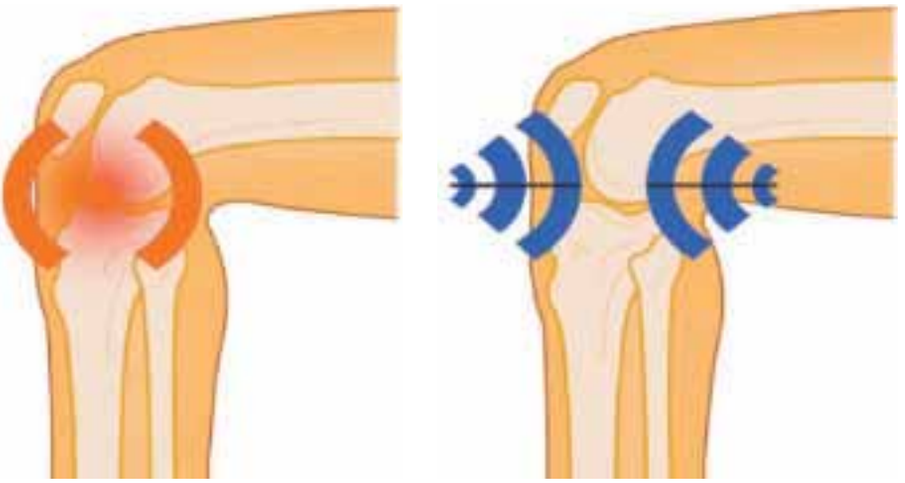
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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How parents can help their child pick the right college

Choices. One former college administrator explains how to steer kids in the right direction.

College hopefuls across the country will be on edge for the next few weeks as they start to weigh their options.

As students go through their checklists and start doing their final visits, one former college administrator says parental participation is key. "For a typical high school parent, mom and dad usually don't want to discourage their kids from going where they want to go," says Joe Schmoke, the founder of University Research and Review, a firm that helps guide students toward affordable colleges and universities. "But parents should be as objective as they can to encourage their kids to really think through this."

We asked Schmoke for his tips for families.

Don't be afraid to push back

"This is the first adult decision that 99 percent of these kids are going to make in their lives," notes Schmoke. "Challenge that decision. Ask 'why are you picking this school?'"

Talk to your child about goals

Second to costs, Schmoke says the second most common reason people transfer is because they change their field of study, "It's only natural that someone will change their major as their interests and personalities change," he says.

Parents shouldn't be afraid to voice their opinions during the search process. / ISTOCK

Schmoke also recommends that parents recommend their college-age children take a personality test to get a better idea of the kinds of careers they would thrive in. "Looking for schools is a frustrating time," he notes. "So these tests will let you figure out what it is that you are all about and what you like."

Real talk

Be honest

"For many students, the initial decision [of picking a school] is an emotional one," says Schmoke. "Then it dawns on them that they'll be paying for school for 40 years."

Parents, he says, should be up-front with their children about what they can afford. "You should be researching for the best value," he says. "Negotiate for financial aid, look at scholarships."

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John Legend urges education reform

Arts. The singer says schools should be more creative.

The singer spoke at the fund's launch last week. / GETTY IMAGES

John Legend thinks the American approach to education is overdue for a shake-up.

The singer-songwriter (and University of Pennsylvania grad) is teaming up with the philanthropy fund New Profit to launch Reimagine Learning, a new $30 million fund that will support educators, social entrepreneurs and education researchers.

Legend says his goal is to help bring creativity and art back into the classroom.

"We need to break with the long-held expectation that schools exist to mold and manage kids," the Grammy winner wrote in a piece for CNN.com. "In today's world, expecting every child's education to be the same, progress at the same rate and be measured against the same narrow standards of performances is not just outdated, it's a disservice to young people."

Vanessa Kirch, the founder and CEO of New Profit, said in a statement that she was motivated to start the fund after reflecting on the experiences she had had in school as a dyslexic.

"Over the past 15 years, I have worked with leading organizations in education reform to try to redesign the system," says Kirch. But she says more has to be done for children with conditions like dyslexia.

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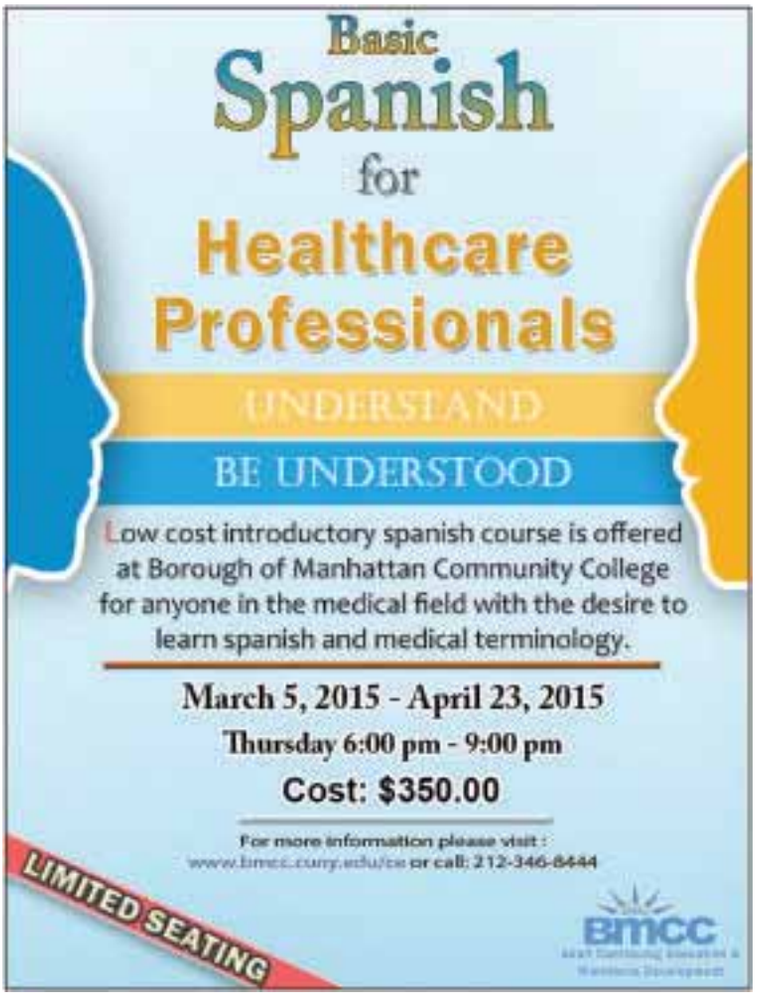
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2 CULTURE

The winners

Supporting Actress
Patricia Arquette, "Boyhood"

Supporting Actor
J.K. Simmons, "Whiplash"

Director
Alejandro Gonzalez Inarritu, "Birdman"

Original Screenplay
"Birdman"

Adapted Screenplay
"The Imitation Game"

Cinematography
Emmanuel Lubezki, "Birdman"

Foreign-Language Film
"Ida"

Animated Feature
"Big Hero 6"

Song
"Glory," from "Selma"

Not everything is awesome for NPH

Ceremonies. The Academy Awards somehow conquered a seasoned awards-host regular.

How much of a mess are the Academy Awards? Not even Neil Patrick Harris — the guy who kills at the Tonys and Emmys — could conquer them. He was to be the second safe choice in a row, after last year's Ellen DeGeneres show. Sometimes the Oscars think outside the box and pay the price: Seth MacFarlane singing about boobs in 2013; the dynamic duo of a dazed, noncommittal James Franco and an energy-pill-high Anne Hathaway in 2011.

It all started so well. Harris took the stage of Los Angeles' Dolby Theatre for his first Oscars gig and immediately addressed the biggest elephant in the room. "Tonight we celebrate the best and whitest — sorry, best and brightest," he cracked, winkingly referring to the heavy snubbing that befell "Selma."

But this was a false start. Savage quips were immediately replaced — as in the next sentence — by singing. Harris launched into one of those songs that Billy Crystal used to do, except only about a third of it was dedicated to jokes. Singing about "moving pictures," he offered a sloppy valentine to the medium he's shilling for at this awards show, at least. Harris inserted himself into movies, most of them old — say, blocking Sharon Stone's business from "Basic Instinct" — but also the night's only feted musical, "Into the Woods."

Speaking of which, he was soon joined by Anna Kendrick, as well as Jack Black, who offered the position that maybe movies are crap. The Oscars do this every now and then: They address that maybe the ceremony — and maybe even movies themselves — are irrelevant. And as usual, it had no real answers — just a flashy number performed by one of entertainment's brightest lights.

Neil Patrick Harris was unaccountably so-so at this year's Oscar ceremony. / ALL PHOTOS GETTY IMAGES

Harris' best moment was a seemingly improvised bit of silliness when he did a song and dance following J.K. Simmons' earnest plea for everyone to call their parents during his acceptance speech for Best Supporting Actor for "Whiplash."

Some major categories didn't have clear winners, but the Supporting Actress trophy, like the Supporting Actor statue, went as expected, which is to say to Patricia Arquette, who spent 12 years making "Boyhood." Wearing defiantly unsculpted hair, Arquette spent her speech preaching for equal rights for women, in a year when it was revealed certain actresses are paid less than their male counterparts.

Brief takes

The night's weirdest moments

Why was there a "Sound of Music" montage followed by Lady Gaga singing songs from the film? When a tree falls in the woods and no one's there to hear, does it make a sound? The night's biggest time-waster — pushing the length to truly absurd limits — was also the most inexplicable, and truly one of life's unsolvable riddles.

Speaking of good things, though, the night's breakout star might have been "Ida" director Pawel Pawlikowski, who, during his speech for the film's Oscar win, actually got the ever-intrusive orchestra to shut up and let him finish. And he did it without even acting like a jerk!

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And the winners are ...

Hollywood's finest saved their best red carpet looks for the Oscars. Here's who won the night's most-important award. **TINA CHADHA**

1 **Dakota Johnson** paired her fiery red **Saint Laurent** gown with a messy ponytail. How Anastasia Steele of her.

2 **Margot Robbie** channeled '70s glam in **Saint Laurent.** The "Wolf of Wall Street" star joked her **Van Cleef & Arpels** necklace was "worth more than her life.

3 Why wear a pearl necklace when you can show up draped in one? **Lupita Nyong'o'** showed up in custom **Calvin Klein Collection**.

4 All we have to say is custom **Chanel**: slow clap for **Julianne Moore.**

5 Rosamund Pike, in red hot **Givenchy,** showed up to win.

6 Understated elegance paired with some big hair. Perfect. **Reese Witherspoon** in **Tom Ford**.

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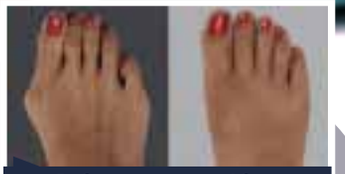

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TV watch list

REALITY

'The Voice'

The singing competition returns with a whole new crew of fresh-faced youngsters, eager to get coached to the top. This season sees Christina Aguilera return to the big red chair.

SEASON PREMIERE, 8 P.M., NBC

DRAMA

'Scorpion'

The team helps out a tech billionaire whose daughter has been kidnapped. Hopefully, he'll give them some stock options as a reward if they manage to help him out.

9 P.M., CBS

'Castle'

This week, the team is investigating the death of an astronaut who was killed in a sealed chamber. Maybe HAL did it! He has a bad history.

10 P.M., ABC

LISA WEIDENFELD

Castle and Beckett are searching for signs of intelligent life. RICHARD CARTWRIGHT, ABC

Mae Whitman takes on Hollywood's 'DUFF'

Film. The "Parenthood" star heads back to high school with "The DUFF."

Mae Whitman isn't really into the whole makeover thing in "The DUFF." / CBS FILMS

Former "Arrested Development" and "Parenthood" star Mae Whitman heads back to high school for the smart and snarky "The DUFF," playing a whip-smart senior who realizes she falls into the classification of her clique's Designated Ugly Fat Friend.

Was this terminology familiar to you before you read the script?
It wasn't, actually. I'd never heard of it, but after I did hear of it, I was asking around and some people that had younger brothers or sisters told me that they'd heard of it.

What do you think of the concept of the DUFF, which is actually probably not exclusive to teenagers?
I mean, to me, it's definitely not. The reason I really liked this was because I felt like I related to it in pretty much every aspect of my life. I definitely was bullied in high school, and I still sort of feel like I tend to get categorized in Hollywood. People try to label and contain and limit you and put these categorizations on you that you don't necessarily identify with yourself.

This might not be a totally new concept, but it's very easy to compare high school to Hollywood.
Oh, absolutely. It's not always the easiest to escape it. It's human nature. There tends to be a real human need to contain. Especially when people feel threatened by something they don't understand, they tend to try to limit it or keep it down or put labels on it so that it doesn't overgrow what they're afraid they might not have. I think that's a very real situation for everyone.

What are some of the frustrations you've experienced in Hollywood?
For me, I try to stay as true as I can to my intuition and not really let a lot of the other stuff get in. I have been working for a long time, since I was a little kid. I remember early on my dad being like, "Do not take it personally, whatever you do." It really feels personal because you're putting yourself out there and people are basically going, "You're not good enough" or "You're not skinny enough" or "You're not pretty enough," all that stuff's a very real thing. It's just limiting for everyone. When people don't see outside certain parameters, I think they miss out on a lot of opportunities to really find some interesting truth.

What sort of projects are you looking for now?
It's a new, weird frontier for me because "Parenthood," the show I was on for six years, just ended, so I'm unemployed. There's no specific criteria, but I look for something where there's a character arc, and I look for something that feels like there's a message I can get behind, or just if there's an honesty. Just something real and honest and full, where people are not two-dimensional.

NED EHRBAR
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Ann Veal

Her?

Whitman still gets people coming up to her and referencing Ann, her famous "Arrested Development" character. But she totally doesn't mind. "It happens all the time. I'm so honored that I got to be a part of that show," she says. "I adored her. She was so interesting. She had this really pervy, throbbing energy underneath. When you choose projects that you love, then every interaction that you have about people appreciating those things is really pleasant."

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The Breakthrough: Carlos Pratts

Carlos Pratts, second from the left, plays a Hispanic high schooler who begins training with Kevin Costner to become a cross-country racer in the new film "McFarland, USA." / GETTY IMAGES

Interview. Get to know the young star of "McFarland, USA."

The performance that inspired him to become an actor:
"Friday Night Lights." I played football in high school, and the high school story was the exact same. I remember finding acting and seeing that movie and the way that it made me feel — I just knew that this was what I wanted to do for the rest of my life. And I'm from Texas, so it really hit home.

Perk of being famous he's looking forward to most:
Getting my mom the dresses that she wants.

Who was his first celebrity crush:
There were so many. I think they all just kind of came at once. I don't know if I can pick just one. Um … Topanga from "Boy Meets World."

Biggest audition blunder:
I'm not going to say any names, but there's a show and they were really interested in me for a pretty good-sized role. The day before I was going to read for the producers, I'm in the car and this lady rear-ends me. I get out of the car and, at least in my mind, it was, "Are you OK?" with a smiley face. Apparently I came off like the Kraken. It wasn't a very friendly exchange, and we'll just leave it at that. The next day, I get into the audition, and she's sitting there, right in the room. She's one of the producers. And she goes, "I know you." Needless to say, I didn't get the part.

Last thing he Googled:
I'm not going to lie, "McFarland, USA." I wanted to know what people are saying. [Laughs]

Last book he read:
I have to admit it's been awhile since I read a book, but probably the last thing I read was "The Artist's Way."

Favorite person to follow on Instagram or Twitter:
My 9-year-old little brother, Luis Benjamin Pratts. Follow him, get him some followers.

Dream role:
Honestly, this is a long shot, but I'd love to be a superhero one day. As a matter of fact, what I first wanted to be when I was growing up was a Ninja Turtle. I thought that was a real profession — that I could do it, that I could survive in the sewers. But a superhero would be awesome one day.

In his downtime

Ideal Saturday night:
Obviously, there's so many ways to go about it, but I love if I can just go to the gym, play some basketball with my roommates, and then after that, maybe see a movie or just have a chill night playing "Mario Kart." I'm a "Mario Kart" freak. I'm a master with the green shells. And I'm not going to lie, I'm a "Friends" fiend, so I'll throw on some Netflix. I've already seen all the seasons of "Friends" on Netflix probably twice, and it's only been a month and a half.

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@KIMKARDASHIAN, INSTAGRAM

1 Reality stars unhurt in multi-Kardashian

Things got hairy for the Kardashian family during their Montana vacation when an SUV carrying Kim and Khloe Kardashian, Kylie Jenner and baby North West skidded across an icy highway and into oncoming traffic before landing in a ditch at the side of the road, according to TMZ. The frightening mishap occurred after a passing tractor trailer dumped snow on the windshield, obscuring the view of Khloe, who was driving and swerved onto a patch of black ice. There was no damage to the vehicle and all the passengers were fine, if shaken. Kim was quick to post an Instagram of the snowy wilderness, celebrating their good fortune.

THE WORD

Ned Ehrbar takes on the world of gossip.

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2 Amber Rose has more to say about Kanye

Amber Rose's feud with ex-beau Kanye West continues, this time with Rose striking back at West after a recent interview. "I had to take 30 showers before I got with Kim [Kardashian]," West said. "If Kim had dated me when I wanted, there would be no Amber Rose." But there is in fact an Amber Rose, and she's decided to make Kardashian's dubious rise to fame a focus of her retaliation. "Wait, 30 showers? But Kim let Ray J nut on her," she tweeted. Ouch. "The funny thing is I'm all for a woman making something out of nothing."

ALL PHOTOS GETTY IMAGES

3 Emma Watson weathers Prince Harry dating rumors

The Internet rumor mill went into a fever pitch over the weekend over talk of "Harry Potter" star Emma Watson possibly dating Prince Harry. Because, you know, they're British. Actually, the two "are perfect for each other," an overeager source tells Hollywood Life. "They share the same wicked sense of humor." They also share the propensity to wind up in completely fabricated gossip items. Things got so bad Watson herself had to take to Twitter to calm everyone down.

Daily video

'Big Birdman' will haunt your dreams

THE WATERCOOLER, YOUTUBE

"Sesame Street" mainstay Big Bird and the puppeteer who brings him to life, Caroll Spinney, star in this delightful yet unnerving spoof of "Birdman," featuring Spinney in his New York dressing room being tormented by his giant yellow alter ego. "Maybe we should've done that Raymond Carver play," the Big Bird in his head asks, and honestly, it would've been awesome to see that.

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HOW TO FIND MOTIVATION IN ENVY

Every time I go on Facebook or Instagram, it seems like someone my age (32) is getting married, having a baby or enjoying a tropical vacation I can't afford, and it's making me really depressed.

Social media is curated to share the feelings people want to — and the tropics are just more photogenic than the office. / ISTOCK

Sounds like you're suffering from an acute case of "not measuring up." While not an official diagnosis, this modern malady nonetheless afflicts many people who, like you, fear they are not as accomplished, happy or fulfilled as their peers.

Social media is partly to blame. At no other time in history have we been more aware of just how "everyone" else seems to be living a better life than us. Most people don't post sad, gloomy pictures; you see sunbathing on the beach, not arguments at the restaurant. Studies have shown that we tend to overestimate others' happiness — we can't know the real thoughts and feelings behind the grins, so we take their smiles at face value.

It's far more constructive to compare yourself to who you were a year ago and assess whether you're growing happier, more peaceful and confident. Envy is a huge energy zapper. When you focus your thoughts on what you lack instead of what you have and accomplished, you're draining yourself of precious resources that could be helping you achieve the things you wish you had. Try the visualization exercise below that I use to help clients with envy. Then, let the remainder of envious, hurtful thoughts roll down your body like water and into the gutter, where they belong.

Visualization exercise

1 Find a comfortable seated position and take a couple of deep breaths to settle into your body. Next, allow your envy to take over, imagining all the ways you are not measuring up.

2 Once you've exhausted your envious thoughts, take a moment to notice how your body feels. Notice areas of tightness or tension like the stomach, neck and chest.

3 Now, take a couple of deep, centering breaths to release the tension. Focus your attention on your breath, perhaps thinking "breathing in" on inhale and "breathing out" on exhale.

4 Close your eyes and focus on three things you did over the past day, week or month that made you feel proud of yourself. In your mind's eye, see yourself doing these things. Perhaps focus on how hard you worked, or how well you performed, how you overcame something, made a tough choice or pleasantly surprised yourself in a difficult situation.

5 Now, notice how your body feels — is it lighter, and your breathing comes more easily? Perhaps easing your mental tension eased some of your physical symptoms, too. Take a moment to really absorb and feel any lingering pleasant sensations.

6 Next, think of a goal you're working toward. If none immediately comes to mind, reframe whatever you envy — a job, a child, an exotic vacation — as something you yearn for in your own life. Think about the action steps you would need to take to manifest your yearning.

Back pain. Your new prescription: high heels

Fashion Week saw towering models look even more imposing by putting them on foot-size pedestals. But when it comes to high-heel shoes, they shouldn't be confined to the catwalk.

"My advice to any woman would be to stand up straight and wear high heels," says spine surgeon Dr. Alfred O. Bonati. "I think that is probably the best exercise women can have."

Here's why: Walking essentially on tiptoes is an exercise that strengthens your feet over time. The elevation changes your gait because you're forced to hold your knees and back straight, which takes the impact of walking off them.

Flat shoes, meanwhile, may only seem more comfortable in the short term.

"When you walk with flat shoes, you go heel first, and that pressure goes directly from the heel to the back of the leg up to the back," Bonati says. "The pressure there is when you start to have back pain."

Bonati says tall women, who tend to wear flat shoes all the time, often complain of having a lot of back pain. But shorter women (up to 5'6") tend to walk around in high heels from an early age. "They develop a fantastic sexy walk, a bounce to their walk, because what they are doing is they are using the knee, reducing the impact on the back," he explains. High heels also tend to lead to hip-swaying, which cuts down on stress for the pelvis and sacroiliac joint, a shock-absorbing segment of the spine just above the tailbone.

It may take some practice, but heels are worth it. / GETTY IMAGES

Bonati recommends a minimum 3-inch heel, "though 4-5 inches is the most effective." And save up for brand-name shoes. "You cannot just have high shoes from a mediocre builder because what happens is the arch support is going to collapse, the pressure is going to be all on the heel and you're going to develop a heel spur or damage the metatarsals," he says.

And yes, Bonati has a recommendation: Jimmy Choos. "It's not only a beautiful shoe — it fits like a glove." **EVA KIS**

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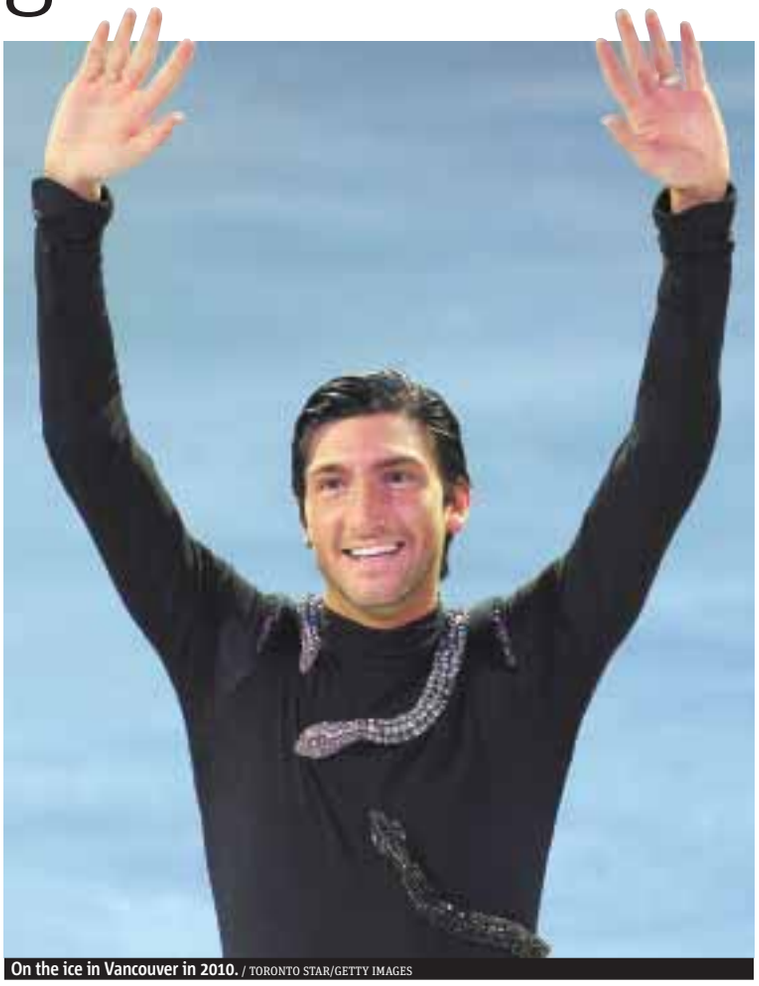
An Olympian's guide to staying focused at work

Motivation. A gold medalist explains how he stayed in the zone.


On the ice in Vancouver in 2010. / TORONTO STAR/GETTY IMAGES

Olympian Evan Lysacek is quick to say that he was never the best skater on the ice.

"I felt that I was never as naturally talented or, overall, as good as my competitors," the 29-year-old tells us. "But I always felt that if I could outwork them, then I could outperform them."

That hard work paid off for the figure skater in 2010, when he took home the gold medal at the 2010 Olympics. Along with Paralympic swimmer Brad Snyder, Lysacek has been touring college campuses across the country as part of Deloitte's Road Show with Team USA. The two athletes have been speaking about their career journeys and how they carved a path to success.

We caught up with Lysacek after his recent appearance at New York University and asked him for his tips on how ambitious readers can achieve their career goals.

Don't let anxiety derail you

Lysacek often speaks of the anxiety that temporarily threw him off during his routine in the Vancouver trials. Since then, he's come up with several ways to manage his anxiety but says things aren't perfect. "It's constantly evolving," he says. "It's like chasing a moving target. But for me, as much as I can bring the preparation in to manage the stress and anxiety, I do it."

Keep your eyes on the prize

Competing as a teen, Lysacek admits that he did have moments where he wished that he could have hung out with friends instead of constantly heading to the rink. "It's an abnormal life," he admits. "But I'm sure that there are a lot of fields where that same sacrifice and discipline come in."

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Flexibility

Be willing to change course

After skating for more than half his life, Lysacek recently embarked on a new career in real estate. "I'm learning a new industry and taking on as much responsibility as I can," he says. "And I'm just trying to bring a lot of the ideals that I learned in my first chapter into this."

But, he adds, he hasn't left skating behind and will be going on tour in March. Balancing the two worlds has been interesting. "I'm very sore all of the time. I'm thinking about contracts, leasing, square footage while also trying to think about skating technique," he says.

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I struggled with poor circulation and varicose veins and had seen many doctors over the years. No one has helped relieve me of this problem as Dr. Lev has. He is patient, meticulous, and very skilled in this specialty. The staff is also excellent and attentive. I recommend him highly and wish I had sought out Treatments of Manhattan years ago. – E.J.
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Horoscope

♓ Pisces | Feb. 19-March 20
Spending time with people who don't appreciate you or are overly demanding will be tiresome and counterproductive.

♈ Aries | March 21-April 20
You will be right on target. Your high energy level will put you in a very competitive position. Set your goals and don't stop.

♉ Taurus | April 21-May 21
Choose your words carefully. Someone will try to put a negative spin on what you have to say. If you are precise, your remarks cannot be used against you.

♊ Gemini | May 22-June 20
Business deals holdings will offer a profit. Do your research and you will discover how you can turn something you are good at into additional income.

♋ Cancer | June 21-July 22
Reduce stress by occupying your mind. Romance is looking up. Don't waste your time on someone who treats you poorly.

♌ Leo | July 23-Aug. 22
Your plans will fall apart if you share your ideas with an untrustworthy person. Be discreet about what you are up to.

♍ Virgo | Aug. 23-Sept. 22
An ingenious project will pave the way to an opportunity. You will be surprised to discover who has been following your progress.

♎ Libra | Sept. 23-Oct. 22
Group endeavors will not bring the results you want. Fine-tune the details of a project you can pursue alone if you want to gain the upper hand.

♏ Scorpio | Oct. 23-Nov. 21 If you are uncertain or confused, ask direct questions. Don't be willing to accept incomplete information. Get the facts.

♐ Sagittarius | Nov. 22-Dec. 21 Once your co-workers see how determined you are, they will want to help. Putting in a stellar performance will attract attention.

♑ Capricorn | Dec. 22-Jan. 20 Your ideas are unique and inspired, and they should be shared. The reaction you receive will give you valuable input.

♒ Aquarius | Jan. 21-Feb. 18 Someone you want to spend more time with will be intimidated by your bold actions. Step back and let a partnership develop naturally. EUGENIA LAST

Sudoku: Easy and hard

4			7					1
	2		1			6		
	7	8	2			5		
6			4					
9	1		5		2		6	7
					8			2
		6			1	9	4	
		1			5		2	
5					4			8

			1					3
	4			7		2	8	
7					5		1	6
2				1			4	
8			4		6			7
	7			8				5
4	8		3					1
	5	7		6			3	
3					8			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Get a STEM job yourself

'Yo, Hollywood, We need more girls in STEM' (Metro, Feb. 19) Hey, Jenna Busch, Instead of dressing up like bleached Barbie with a ray gun for your cute little "a dumb girl clearly wrote this" article, why don't you try DOING SOMETHING. Instead of complaining about girls not having opportunity, girls being judged, girls not having toys geared to them, girls not being encouraged in schools for meaningful careers, why don't you try helping them? Why don't you start a campaign, volunteer, join an all-girl after-school program, create a new toy? Oh, no, wait, the much more intelligent way to show there is any truth to what you say is to whine and complain. Teach future generations of women that they can be and do ANYTHING they want without a toy to lead them down the path! People like YOU are the reason WOMEN are held back!
JENN CLARK, VIA EMAIL

Beagles are a class act

Re: "Three reasons a beagle may not be for you' (Metro, Feb. 20-22) While I agree that an apartment in the city may not be the best place for a beagle, I totally disagree with the rest of your article. I had a beagle when I was a small child. His name was Mr. Boy and he was a gift to my Dad when I was born. This dog as well as other beagles are rather docile, independent little dogs.
MARIA C. CIANCIO, VIA EMAIL

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Crossword

Across
1 Mideast nation
6 Stole
10 Green mineral
14 Kitchen emanation
15 Jean Auel heroine
16 Gossip tidbit
17 North Dakota city
18 Fence part
19 Sotto —
20 A word to kitty
21 Cowboy -- Autry
22 It's above baritone
23 Egyptian goddess
25 Greenhouse
27 Role players
30 Irene of "Fame"
31 Allows to borrow
32 Town opposite Brownsville
37 Essay byline
38 Bright star in Orion
39 Is grief-stricken
40 Tough-skinned
42 Gravy spot
43 With skill
44 Throngs
45 Chamomile infusion (2 wds.)
49 Maui dance
50 Outback minerals
51 Coffee source
53 Free ticket
57 Bossa —
58 Revenuers
59 Caesar's river
60 New singles
61 Flair
62 Kind of hole
63 Auld lang —
64 Cellar, briefly
65 Short of cash

Down
1 Tuberous roots
2 Novelist — Ambler
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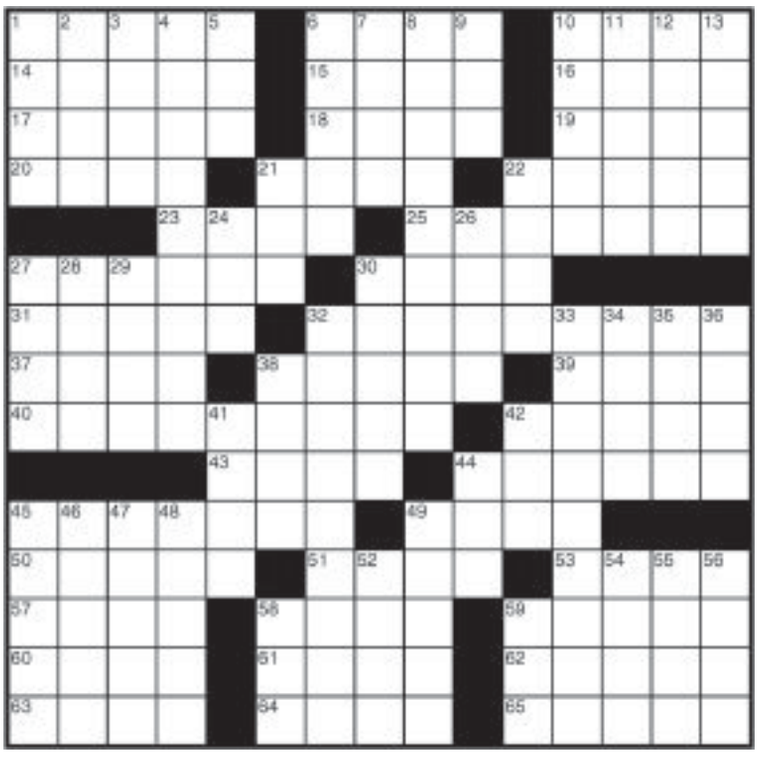

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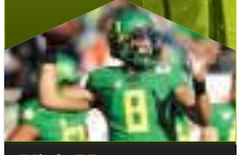
3 SPORTS

NASCAR

Logano takes Daytona

Joey Logano turned what was a pretty boring 57th running of the Daytona 500 into a frantic finish, and a race victory when he beat out Denny Hamlin (2nd) and Dale Earnhardt Jr. (3rd) in a two-lap spring to the finish. He outlasted several heavily favored drivers to win after a big wreck behind him and the top contenders late in the race brought a caution flag and ended the race. The 23-year-old won his first title at Daytona after Justin Allgaier crashed late in the race. "I can't believe it," Logano said. "This is absolutely amazing. Daytona 500, oh my God. Are you kidding me? I was so nervous the whole race.



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BLACKMAIL, AND BURLY BASEBALL PLAYERS

Dez Bryant wants to get paid, but there are several obstacles in the way. / GETTY IMAGES

The strangest non-Deflategate subplot of this NFL offseason is the awkward relationship between All-World wide receiver Dez Bryant and the Dallas Cowboys.

Given Bryant's ability and charisma, one would think Dallas owner Jerry Jones would embrace Bryant the same way he embraces a bottle of Johnnie Walker Blue Label. But the two sides still haven't been able to agree on a contract extension, and Bryant is set to become a free agent.

No. 88 hasn't been shy about voicing his opinion on his uncertain future with Dallas on Twitter. Between wishing Michael Jordan a happy birthday and believing that Duke basketball is perfectly ranked at No. 5 in the country (@DezBryant: Duke #5 #truth), Bryant also lashed out at the Cowboys' passive-aggressiveness and touched on the rumors that there is a "Ray Rice –level" video of him that exists somewhere out in "the cloud."

When the great @FrankyGonzalez3 tweeted at Bryant: "I love how dedicated @DezBryant is to the @dallascowboys," Bryant shot back, "I wish they felt the same way, but it's cool. It's #business."

After ProFootballTalk's Mike Florio went on Dallas sports radio 105.3 The Fan last week and said that the Cowboys were afraid of a video being released of Bryant in an "incident" that would have a "Ray Rice-type of impact," Bryant went to Twitter hours later and wrote, "Just quit with the B.S.. It's clear as day what's going on. I might need to do an exclusive interview about my life these past five years since the world is destined to know. I used to let people take advantage of my life. Now that I'm no longer allowing that to happen it seems to be a problem. I'm not ashamed of none of my past incidents because that's what made me who I am today."

AMBER AND C.C. SABATHIA
GETTY IMAGES

Translated: "There is a probably a video of me doing something bad out there and it's probably going to come out soon, but the video's really not that bad, and I don't do stuff like that anymore, so shut up Jerry, and sign that check."

The Big East

There's always been this train of thought out there that the West Coast is healthier than the East Coast. But according to hundreds of Click-baiting listicles on mom-only websites like MSN and AOL.com, states like New Jersey, Massachusetts and Connecticut are actually healthy! This past December, americashealthrankings.org listed Northeast states like Vermont, Massachusetts, Connecticut, New Hampshire and New Jersey in the Top 12.

Yes, the list was likely created by an obese 45-year-old web marketer from Albany who just wants us snowed-in East Coasters to feel better about ourselves. But maybe, just maybe, there's a nugget of truth there.

Killing our rep this week, however, were two baseball players from two of the most prominent MLB franchises around. Pablo Sandoval showed up to Red Sox spring training looking like Bam Bam Bigelow, while C.C. Sabathia showed up to Yankees spring training looking like C.C. Sabathia.

An image of Sandoval's Fort Myers gut had many a Red Sox fan thinking that $95 million just went down the drain, while Yankees fans actually embraced Sabathia's return to the 300-pound mark.

"I think last year I came in a little too light," the now 305-pound Sabathia said.

Not that either player spent a second of their winter in Boston or New York, but perception is reality here. The East Coast, as a whole, has some serious carbs to burn off this spring.

OPINION
MATT BURKE
matthew.burke@metro.us

NBA. JR shines as Cavs wallop Knicks

J.R. Smith pumped in 17 points against his former teammates Sunday at MSG as the surging Cavaliers (35-22) thumped the Knicks, 101-83. Smith and fellow former Knick Iman Shumpert delivered the play of the game in the third quarter when Shumpert lobbed the ball toward the basket and Smith hammered it home in reverse fashion to put Cleveland up 89-59. METRO

J.R. Smith. / GETTY IMAGES

MLB

Maier glove grabs big cash

An anonymous collector shelled out $22,705 for the glove Jeffrey Maier used to nab Derek Jeter's home run that tied Game 1 of the 1996 ALCS between the Yankees and Orioles. The play will live on forever, as umpires neglected to call fan interference despite the then-12-year-old Maier pulling the ball into the stands. METRO

MLB. Tanaka getting stronger by the day

Masahiro Tanaka threw 35 pitches Sunday in Tampa and said he felt "even better than the last time," showing that his elbow is nearly 100 percent heading into the 2015 season, according to ESPN.

The Yankees have their first full-squad workout this Thursday and play their first spring training game on March 3 against the Phillies. METRO

Masahiro Tanaka. / GETTY IMAGES

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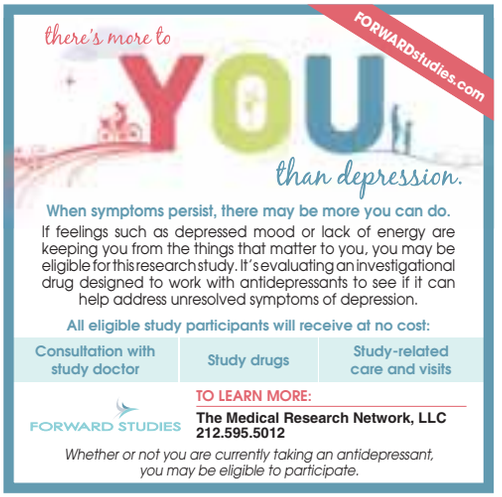
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